

## Board of Directors' Meeting: 11 July 2024

<b>Agenda item</b>	091/24		
<b>Report Title</b>	Patient Story – Specialist Stroke Therapy Groups		
<b>Executive Lead</b>	Hayley Flavell, Director of Nursing		
<b>Report Author</b>	Ruth Smith, Lead for Patient Experience		
<b>CQC Domain:</b>	<b>Link to Strategic Goal:</b>		<b>Link to BAF / risk:</b>
Safe	√	Our patients and community	BAF1, BAF2
Effective	√	Our people	
Caring	√	Our service delivery	<b>Trust Risk Register id:</b>
Responsive	√	Our governance	
Well Led	√	Our partners	
<b>Consultation Communication</b>	<p>Insight and improvements achieved through the project have been shared at:            Therapy Centre Audit and Quality Improvement Showcase (08-05-2024)            Clinical Support Services Patient Experience Group (27-06-2024)            Nursing, Midwifery, AHP &amp; Facilities Meeting (03-07-2024)</p> <p>To be taken to: Stroke Clinical Governance (16-07-2024)</p>		
<b>Executive summary:</b>	<p>1. The Board's attention is drawn to listening to the storytellers outline the introduction of improved specialist stroke therapy groups and patients sharing insight of their experience of attending.</p> <p>2. The risks are:</p> <ul style="list-style-type: none"> <li>• Reduced compliance in Sentinel Stroke National Audit Programme targets.</li> <li>• Poor experience of care through restricted direct contact time, limited opportunities to leave the Ward environment and socialise.</li> </ul> <p>3. Direct contact time continues to be measured, with new activities being introduced.</p>		
<b>Recommendations for the Board:</b>	<p>The Board is asked to:  <b>Note</b> the creative approach introduced by the Therapy Teams to increase direct contact time, provide a fun rehab environment, engage patients in activities, and provide opportunities for patients to socialise, supporting wellbeing.</p>		
<b>Appendices:</b>	Appendix 1: Digital Story – Specialist Stroke Therapy Groups		

## **1.0 Introduction**

- 1.1 The Sentinel Stroke National Audit Programme (SSNAP) target is that all patients should receive 45 minutes of Occupational Therapy, Physiotherapy and Speech and Language Therapy five days per week. Trust compliance in quarter three 2023/2024 was achieving below this target:
- Occupational Therapy achieving 60 to 70% compliance.
  - Speech and Language Therapy achieving 60 to 70% compliance.
  - Physiotherapy achieving 40 to 60% compliance.

## **2.0 Background**

- 2.1 Stroke therapy groups were taking place within a Ward environment, resulting in limitations through interruptions, space available, and being mindful of other patients within the area.
- 2.2 In September 2023 the sessions were transformed into more specialist stroke therapy groups led by qualified Therapists to better meet patient goals. The group sessions moved to the Gym once a week, enabling a larger number of patients to participate, enabling more equipment to be used, and removing interruptions.
- 2.3 In February 2024, the specialist stroke therapy groups increased to three times a week, with one group each week focused upon Occupational Therapy, Physiotherapy and Speech and Language Therapy.

## **3.0 Actions**

- 3.1 Following the Specialist Stroke Therapy Groups being introduced, the following achievements have been delivered:
- A diverse range of activities have been introduced to encourage patient participation in rehabilitation, examples of activities include: seated Tai-Chi, music quizzes, painting, mocktail making, parachute games, play your cards right, tuck shop style tasks, patient education, paper aeroplane races, team games and obstacle courses, and say it, write it, mime it, make it activities.
  - Increased socialisation, wellbeing, and therapeutic opportunities, evidenced through patient satisfaction measures, with satisfaction for all groups being 90% or more and the highest measure across all three therapies being 'I enjoyed time off the Ward' with a 93.4% positive response.
- 3.2 Further actions to be taken include:
- The impact on direct therapy contact time for Occupational Therapy, Physiotherapy and Speech and Language Therapy in SSNAP will continue to be measured.
  - Act on patient feedback, working collaboratively with nursing teams to facilitate patients attending groups to be prepared and ready to take part.
  - Utilise additional available spaces, such as the courtyard gardens as weather permits. Introducing gardening groups and activities.
  - Continue to explore ways to encourage activity and creative approaches to support increased direct therapy contact time.